



City of Torrance

# 5-0 and on the go!

Promoting fitness, fun, and friendships

MAY/JUNE 2020



The health and safety of our residents and visitors is our highest priority, and the City of Torrance is striving to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19. Therefore, the Bartlett and Tillim Senior Centers will be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park are canceled.

We are disappointed that we have had to make these difficult decisions and we will reassess their status on a weekly basis. We will also continue to monitor COVID-19 and its effect on the public closely to make the best informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.

## Torrance Cares Farmers' Market Curbside Pick-Up Program

The Torrance Cares Farmers' Market Curbside Pick-Up Program allows Torrance at-risk residents (seniors 60+, those with disabilities, and those with underlying health conditions) to pre-order a pre-selected produce box directly from the farmer and pick it up at Wilson Park, without having to get out of the car.

To order please go to: <https://www.cityoftorranceca.com/tcfarmersmarket.html>

Customers will pre-order from the Farmer and pay directly in advance. Please follow instructions specific to the Farmer you are placing an order with. All sales will be considered final.

Customers will drive by for pick-up between 11:00 a.m. and noon on their designated pick up day. Staff will take names, check ID, and deliver orders to customer in the Wilson Park roundabout.

### FOR ADDITIONAL INFORMATION

Torrance Certified Farmers' Market at Wilson Park  
2400 Jefferson St., Torrance, California

[JChan@TorranceCA.Gov](mailto:JChan@TorranceCA.Gov)

310-781-7520

<https://www.cityoftorranceca.com/tcfarmersmarket.html>

Stay Safe, Stay Healthy, Stay Home.

Our City. Your Home. #TorranceCares



### CitiCABLE PRESENTS: COVID-19 TODAY


Monday to Thursday at 4 P.M.

Friday to Sunday at 2 P.M.

Catch Torrance CitiCABLE's newest program "COVID-19 TODAY" and get daily live updates on the coronavirus health crisis and its impact here in Torrance.



City of Torrance Community Services Department • RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 • 310-320-5918 • [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)

**"Creating and Enriching Community through People, Programs and Partnerships"** 

# Help Us Help Others

The City of Torrance is proud to have a community that wants to help those in need. The best way for you to contribute your time, monetary, or in-kind donations is by partnering up with one of our Torrance Based Non-Profit Organizations. With the uncertainty of the pandemic, please contact groups directly to coordinate donation.



For more information: Call (310) 328-5310 or visit: <https://www.cityoftorranceca.com/tcconnections.html>



## TORRANCE GROCERS ACCOMMODATING VULNERABLE GROUPS



3455 Sepulveda Blvd.  
(near Target)  
7 to 7:30 a.m. - exclusive  
shopping for seniors 60+

5035 Pacific Coast Hwy  
(PCH/Calle Mayor)  
7 to 7:30 a.m. - exclusive  
shopping for seniors 60+

1770 W. Carson Street  
(Carson/Abalone)  
7 to 7:30 a.m. - exclusive  
shopping for seniors 60+

2909 Rolling Hills Road  
(Rolling Hills Rd/Crenshaw)  
7 to 7:30 a.m. - exclusive  
shopping for seniors 60+



5130 190th Street.  
(190th / Anza)  
7 to 8 a.m. (Tue & Thu)  
Shopping for age 65+

1824 W. 182nd St.  
(182nd/Western)  
7 to 8 a.m. (Tue & Thu)  
Shopping for age 65+



24325 Crenshaw Blvd.  
(Crenshaw/Lomita)  
7 to 9 a.m. (Mon-Fri) - Seniors,  
pregnant women, customers  
with disabilities & compromised  
immune systems

4705 Torrance Blvd.  
(Torrance/Anza)  
7 to 9 a.m. (Mon-Fri) - Seniors,  
pregnant women, customers  
with disabilities & compromised  
immune systems



19340 Hawthorne Blvd.  
(Hawthorne/Del Amo)  
6 to 7 a.m. Tuesdays  
reserved for seniors 60+



2640 Lomita Blvd.  
8 to 9 a.m. (Tue & Thur)  
reserved for seniors 60+



2655 Pacific Coast Highway  
(Rolling Hills Plaza)  
7 to 8 a.m. - exclusive shopping  
for seniors 60+



3433 Sepulveda Blvd.  
1st hour each Wednesday reserved  
for elderly and those with underlying  
health concerns



19720 Hawthorne Blvd.  
(Torrance Promenade)  
Seniors 65+ may bypass the line

2545 Pacific Coast Highway  
(Rolling Hills Plaza)  
8 to 9 a.m. daily, special line  
for seniors 65+



2601 Skypark Drive  
7 to 9 a.m. (Tue & Thu)  
Drive-up concierge orders  
for seniors and at-risk members



4848 W. 190th Street  
(190th/Anza)  
8 to 9 a.m. (Tue & Thur)  
reserved for senior shoppers



2755 Pacific Coast Highway  
(PCH/Crenshaw)  
7:30 to 8 a.m. - reserved for seniors  
65+ and customers with disabilities

17500 Crenshaw Blvd.  
(Crenshaw/Artesia)  
7:30 to 8 a.m. - reserved for seniors  
65+ and customers with disabilities

21035 Hawthorne Blvd.  
(Hawthorne/Torrance)  
7:30 to 8 a.m. - reserved for seniors  
65+ and customers with disabilities



3525 W. Carson Street  
(Del Amo Fashion Center)  
8 to 9 a.m. Saturdays  
Reserved shopping for  
seniors and pregnant women

## GoldenTALK - 24hr Senior Chatline

(888) 60-GOLDEN OR (888) 604-6533



GoldenTALK is a chat and crisis line for Older Adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.

**Delivered Meals:** These two agencies will provide home delivered meals to seniors.



Torrance-South Bay Family YMCA (310) 602-4909



**MEALS  
ON WHEELS**

*Serving Torrance and Lomita, California*

Torrance-Lomita Meals on Wheels (310) 542-3434

### Re-imagine Recreation!



Staying active may seem difficult while social distancing, but a little distance can go a long way. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your Focus - benefits that can be especially important during stressful times. Discover how to stay active with our Virtual Recreation Center and Resources.



Explore the Virtual Recreation Center now at:

<https://www.torranceca.gov/services/virtual-recreation>

## Free COVID-19 Testing for Residents of Los Angeles County



- The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to **ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms. Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell. Testing is by appointment only.
- To confirm eligibility and testing appointment availability, go to: [Coronavirus.LACity.org/Testing](https://Coronavirus.LACity.org/Testing)
- Residents of LA County without internet access can call 2-1-1, where operators can assist with online registration to determine eligibility and appointment details.
- For more information, please visit the Los Angeles County Department of Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/>





For information about resources for seniors or if you have any questions about what Torrance is doing for seniors, call the ***Senior CoVid-19 Info Hotline*** at 310-320-5918

## Fall Prevention & Safety Tips



Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.

Here are some ways to avoid falling and maximize your safety in your home and away.

- ✓ Exercise regularly to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- ✓ Take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- ✓ Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other items.
- ✓ Improve the lighting in and outside your home. Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once year—better vision can help prevent falls.
- ✓ Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.
- ✓ Be aware of uneven surfaces indoors and outdoors. If you must have scatter rugs, make sure they lay flat and do not slide when you step on them. Smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.
- ✓ Stairways should be well lit from both the top and bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.
- ✓ Wear sturdy, well-fitting, low-heeled shoes with non-slip soles. They are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



When there is an emergency, get the information first with **TorranceAlerts**, the City of Torrance early warning notification system.

**TorranceAlerts** is our mass emergency notification system that enables you to receive early warning notifications concerning emergency events such as an earthquake, fire, public health emergency or similar situation. A **TorranceAlert** will be sent when the City is informing you of a “call to action,” such as evacuate, avoid, shelter, etc. to your telephone, email, and/or text. You can also download the app to receive notifications.

Individuals with disabilities who need assistance registering for **TorranceAlerts** may call the Interactive Communications Office at 310.618.5762 during regular business hours: Monday – Thursday and alternate Fridays, 8 a.m. to 5 p.m or email us at **[TorranceAlerts@TorranceCA.Gov](mailto:TorranceAlerts@TorranceCA.Gov)**

## Self-care for Stress Relief



To feel your best, it is important to take care of yourself. That means eating well, exercising, keeping work and home life balanced and maintaining good relationships. There are times, however, when even these things can't prevent stress and anxiety from creeping in. That's why self-care is so important. Taking a small amount of time out of your busy schedule just for yourself is key to handling all your duties while getting the most out of life. Try these tips to give yourself the attention you need to be your best.

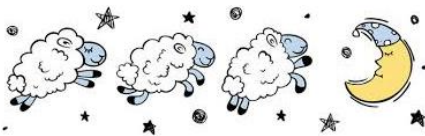
**Deep Breathing** - Deep breathing focuses on using the diaphragm (the spot just under your rib cage) to draw slow, deep breaths into the lungs and to release them slowly. Take a couple of minutes every hour to practice some deep breathing.

**Stretching** - Stress often appears as tension in our necks, shoulders and head. Stretching exercises can relieve tension, make your body more flexible and produce a calming effect. Even just shrugging your shoulders, stretching your arms and rolling your neck a few times a day can have positive effects.

**Meditation and Visualization** - Meditation involves "quieting the mind" by blocking out sensory input and distraction, while visualization involves using the brain's creative capacity to create a stress-free experience, much like daydreaming. Try to carve out 15 minutes daily to quiet your mind and body.

**Muscle Relaxation** - Progressive muscle-relaxation techniques involve systematically tensing, relaxing and visualizing each major muscle group. It is best to practice these techniques when you have about 20 minutes and are able to find a quiet place where you can lie down without being disturbed.

**Calming Thoughts** - Our thought patterns often cause or contribute to the stress that we are feeling. The next time you encounter a stressful situation, take a moment to tune into your thoughts and feelings. Write these thoughts down and then write down a more positive replacement.



## Get a Good Night's Sleep!



Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

**Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.

**Avoid napping in the late afternoon or evening, if you can.** Naps may keep you awake at night.

**Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.

**Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.

**Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.

**Use low lighting in the evenings** and as you prepare for bed.

**Exercise at regular times each day** but not within 3 hours of your bedtime.

**Avoid eating large meals close to bedtime**—they can keep you awake.

**Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.

**Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.



# ***Great Plates Delivered* program.**

***Great Plates Delivered*** is designed to support adults 65 and older and adults 60-64 who are at high-risk from COVID-19, in staying home and staying healthy by delivering a maximum of three (3) nutritious meals a day, and also provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis.

## **Who qualifies for enrollment into the program?**

- Individuals who are 65 or older, or 60-64 and at high-risk as defined by the CDC, including:
  - ✓ Individuals who are COVID-19 positive (as documented by a state/local public health official or medical health professional),
  - ✓ Individuals who have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional), or
  - ✓ Individuals with an underlying condition.
- Individuals must live alone or with one other program-eligible adult
- Participants must not be currently receiving assistance from other state or federal nutrition assistance programs
- Participants must earn no more than 600% of the federal poverty limit
- Individuals must affirm an inability to prepare or obtain meals



## **Will I be charged for meals delivered?**

No, meals are delivered free of charge through this program.

## **How many meals may be delivered per day?**

Each individual is allowed a maximum of three (3) nutritious meals per day.

## **How can I enroll into the program if I believe I qualify?**

To enroll call 2-1-1 - Operators are available to help you enroll in Great Plates Delivered.



## **Here Comes Summer!**

### **10 ways for seniors to stay cool in hot weather**



1. Drink plenty of cool water throughout the day (don't wait until you feel thirsty) and avoid alcohol and caffeine
2. Eat cooling snacks like homemade popsicles, frozen peas, or slightly frozen grapes
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast
4. Place a cool washcloth on the back of the neck
5. Sit with feet in a pan of cool (but not too cold) water
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day
7. Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – always use a towel to protect fragile senior skin from direct contact with the ice

# Painters Word Search Puzzle I



I V J C L V P A D E B S V X T B I P X G I Y U A Y  
 R E L T S I H W U N N I D O R R E P P O H M N B P  
 S J A J R D C D P N Q S R F E J I U W Y D X A H V  
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BELLOWS  
 CURRY  
 DUPRE  
 HOPPER  
 MORISOT  
 RODIN  
 WHISTLER



CEZANNE  
 DAUMIER  
 EL GRECO  
 MATISSE  
 O'KEEFE  
 SISLEY  
 WOOD



COROT  
 DEGAS  
 GOYA  
 MONET  
 REMBRANDT  
 VAN GOGH



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**CITY OF  
TORRANCE**

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**Community Services Department**

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Torrance, CA 90509-2970

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